FLI™ TOPS LEAFLINK LIST OF BEST-SELLING VAPES IN THE NATION

Toronto, Ontario – December 13, 2019 – Nutritional High International Inc. ("**Nutritional High**" or the "**Company**") (**CSE: EAT, OTCQB: SPLIF**) is pleased to announce that Palo Verde LLC ("**Palo Verde**"), who manufactures and sells the Company's FLI™ ("**FLI**") branded products in Colorado under a licensing agreement, has won the LeafLink List 2019 award for the best-selling vaporizer in the nation.

LeafLink, which is live in 25 territories across North America, created *LeafLink List* by analyzing the orders between 1,300+ cannabis brands and 4,000+ retailers from January 1st, 2019 to September 30th, 2019. The *Best-Seller* categories represent the most popular brands and products on the platform in 2019.

"Our focus on market penetration and sell-through in Southern Colorado is proving to be a successful strategy," commented Chris Hanna, Sales Director at FLI. "With 80% of Southern Colorado currently ordering consistently, we are looking forward to expanding our reach and mirroring these results in the rest of our territories. With consistent and popular flavors like Palisade Peach OG and Blueberry Kush, we are excited to be expanding production to meet overwhelming consumer demand."

"We are honored to be recognized amongst an excellent group of peers," commented Adam Szweras, CEO of Nutritional High. "We have been working diligently to grow the business and expand sales, and while we still have a long road ahead of us, it's always nice to receive appreciation for our efforts. There are no shortcuts to success in this hyper-competitive industry and I want to give a big congratulations to the team in Colorado who has worked tirelessly to take this business from an idea to a reality."

About Nutritional High International Inc.

Nutritional High is focused on developing, manufacturing and distributing products under recognized brands in the cannabis products industry, with a specific focus on edibles and oil extracts for medical and adult recreational use. The Company works exclusively with licensed facilities in jurisdictions where such activity is permitted and regulated by state law.

The Company follows a vertically integrated model with a fully developed strategy for acquisitions in extraction, production, sales, and distribution sectors of the cannabis industry. Nutritional High has brought its flagship FLÏ™ edibles and extracts product line from production to market through its wholly owned subsidiaries in California and Oregon, as well as Colorado where its FLÏ™ products are manufactured by a third-party licensed producer. In California, the Company distributes its products and products manufactured by other leading producers through its wholly owned distributor Calyx Brands Inc. and is entering the Nevada, Washington State and Canadian markets in the near future.

For updates on the Company's activities and highlights of the Company's press releases and other media coverage, please follow Nutritional High on Facebook, Twitter and Instagram or visit www.nutritionalhigh.com.

About LeafLink

LeafLink, one of the largest wholesale marketplaces in the cannabis industry, is defining the way thousands of cannabis brands and retailers manage and track their orders and relationships so they can focus on growing their businesses. The company has offices in New York, Los Angeles, and Toronto, and is live in 25 territories across North America. LeafLink processes over $1.4B+ in annual orders, making up an estimated 23% of US wholesale cannabis commerce. Backed by leading venture capital firms and strategic investors such as Thrive Capital, Nosara Capital and Lerer Hippeau, LeafLink has raised more than US$51 million to date.

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